

# September Activities - Urbana Senior Center

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    www.FrederickCountyMD.gov/aging  
 9020 Amelung Street, Frederick, MD 21704    (Lower Level of the Urbana Regional Library)

<i><b>Mondays</b></i> <i><b>9:00-3:00</b></i>	<i><b>Tuesdays</b></i> <i><b>9:00-8:00</b></i>	<i><b>Wednesdays</b></i> <i><b>9:00-3:00</b></i>	<i><b>Thursdays</b></i> <i><b>9:00-3:00</b></i>
<b>August 31</b> 9:45 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Rummikub	<b>1</b> 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	<b>2</b> 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	<b>3</b> 9:30 Color This 10:45 Exercise: Dance 1:00 Cards and Games
<b>7</b> <b>Center is closed</b> 	<b>8</b> <b>Nutrition Minute</b> <b>“Top Foods for a Healthy Heart”</b> 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	<b>9</b> <b>Nutrition Minute</b> <b>“Top Foods for a Healthy Heart”</b> 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	<b>10</b> <b>Nutrition Minute</b> <b>“Top Foods for a Healthy Heart”</b> 9:30 Color This 10:45 Exercise: Variety Noon *Breakfast for Lunch with Nurse Steve 1:30 *Line Dancing
<b>14</b> <b>Health Education 101</b> <b>“Macular Degeneration”</b> 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub 1:30 Book Club	<b>15</b> <b>11:00 *Picnic - Frederick Center</b> <b>Center opening at 3:00 p.m.</b> 3:00 *Watercolor Class 5:00 *Dinner <b>6:00 * Overcoming the Age Factor: How effective job seekers turn age into an advantage!</b>	<b>16</b> <b>Health Education 101</b> <b>“Macular Degeneration”</b> 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling 1:00 *Artful Creations	<b>17</b> <b>Health Education 101</b> <b>“Macular Degeneration”</b> 9:30 Color This 10:45 Exercise: Variety 1:00 Cards and Games 1:30 *Line Dancing
<b>21</b> <b>Celebrate LIFE</b> <b>Senior Center Week</b> 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Soup/Sandwich/Root Beer Floats Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	<b>22</b> <b>Celebrate LIFE</b> <b>Senior Center Week</b> <b>9:00 – Noon: Flu Shot Clinic</b> <b>Fall Prevention Education</b> 10:00 *English Conversation 10:45 Exercise: Strength/Balance <b>Noon *Lunchbox Lunch</b> 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	<b>23</b> <b>Celebrate LIFE</b> <b>Senior Center Week</b> 10:45 Exercise: Stretching <b>Noon *Family Style Lunch/Make Your Own Sundae</b> 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	<b>24</b> <b>Celebrate LIFE</b> <b>Senior Center Week</b> 9:30 Color This 10:45 Exercise: Variety <b>Noon *Make Your Own Pizza</b> 1:00 Cards and Games 1:30 *Line Dancing ----- <b>Friday, September 25</b> <b>*Celebrate LIFE Luncheon</b> 11:30 Frederick Senior Center
<b>28</b> 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	<b>29</b> 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	<b>30</b> 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	<b>Oct. 1</b> 9:30 Color This 10:45 Exercise: Variety 1:00 Cards and Games 1:30 *Line Dancing
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.		<b>Department of Aging Activities</b> <b>September 4 – Groceries for Seniors</b> <b>September 15 – Picnic Hosted by Frederick Senior Center</b> <b>September 22 – Flu Shot Clinics and Fall Prevention Education</b> <b>September 25 – Celebrate LIFE Luncheon</b>	